

New Growth Charts Training

This is to inform you that the CDC has posted an on-line training module for the new growth charts for Birth to 24 Months. The link is: <http://www.cdc.gov/nccdphp/dnpao/growthcharts/who/index.htm>

Utah Breastfeeding Coalition

Utah Breastfeeding Coalition (UBC) is looking for a secretary, please contact Karin Hardman if you are interested at belcantomom@gmail.com. We also encourage memberships from the WIC Agencies.

Utah Breastfeeding Coalition meetings are usually the 2nd Wednesday at 1pm of every month.

USBC

United States Breastfeeding Committee /CDC calls are the 2nd Tuesday of even months from 12 noon to 1 pm Mountain Time.

DVDs

The state office will be sending out 5 new *DVD's: Managing Early Breastfeeding Challenges*. We will order 6 more this summer. Please contact Judy Harris if you are interested.

Salt Lake Regional Medical Center Post Partum Women Depression Group meetings are Tuesdays 10-11:30 AM starting 3/27/2012. Classes are free and open to the public. If interested call Ginger Law at 801-707-1865. She can also do presentations for professionals.

High Risk Report in VISION

It is possible to generate a report in VISION similar to the Ad-Hoc High Risk Report from WICNU. Under the “Reports” section expand “Clinic Services Reports”. Then expand “Assessment and Education Reports”. From there you can select “Follow-up Nutrition Risk Assessment”. This screen will allow you to select your local agency, clinic, what dates you would like the report for, which risk factors you want included, and the category of participants you would like to see. To make this report pertain only to high risk factors, select the risk factors that are designated high risk on pages 2-3 of the Nutrition Risk Manual in the WIC P&P. The P&P can be found on the WIC website: <http://health.utah.gov/wic/policy.php>.



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Using wichealth.org by Paola Vélez, RD, CD

Many of you are already taking advantage of wichealth.org as an education option for your clients. This is great! Did you know you can see goals your clients made for each lesson? Did you know you can have the lesson certificate emailed directly to your clinic? You also have the option to use the “Client Search” feature and pull up your client’s record. This record would include lessons taken, dates they were taken, and goals made. You will also see the stage of change your client was in at the beginning and end of each lesson

Did you know you can view reports for your agency? You can access statistics, such as, new vs. returning visitors, average time on site, lessons completed (by topic and time frame) and much more! For example, I ran a report from 12/15/11 to 1/30/12 and found that in our state there were 11,100 lessons completed, the average time spent on site was 16.34 minutes, and clients visited 3.31 links on average.

You will need an account to access some of these features. Simply send an email to help@wichealth.org and request access for your agency. You do NOT need an account to access resources, such as, client promotional materials, implementation and training materials, nutrition resources, and staff materials. Go to <http://support.wichealth.org/> and click on “Resources”. Here you will find a bookmark sized cheat sheet for clients on how to use wichealth.org. You may even recommend lessons to your clients by marking them on the backside of the bookmark (available in English and Spanish).

The following are some **TROUBLESHOOTING TIPS** taken directly from the resources section.
Scenario: Client receives error message when attempting to login. “Your login attempt was not successful. Please try again”.

- Step 1:** Have the client re-enter the username and/or password to ensure it was typed correctly. If the error message is still appearing, go to Step 2.
- Step 2:** Instruct the client to click on “Forgot your username or password?” and follow the instructions.
- Step 3:** If the client is unable to retrieve her username and password, go to Step 1 of the next scenario.

Scenario: Client cannot retrieve username/password using “Forgot your username or password” link. “User could not be found”, “You answered your security question incorrectly”.

- Step 1:** Have the client re-enter the information to ensure it was typed correctly. If the client receives an error message stating the “User could not be found”, go to step 2. If the client receives any other error message go to Step 4.
- Step 2:** Instruct the client to create a new account.
- Step 3:** If the client is receiving the “An account has already been created with that ID” message go to Step 4.
- Step 4:** Instruct the client to contact [wichealth.org](mailto:help@wichealth.org) Help at help@wichealth.org and provide the following information in the email: name, state/agency, WIC ID.

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To view a Webinar and PowerPoint on getting your agency started using wichealth.org, go to <https://student.gototraining.com/98qm7/recording/7646125145683809280>

Picky Eaters: Helpful Tips and Reminders

Kate Kauffman, Brigham Young University Dietetic Intern

Picky eating, also known as neophobia, selective eating, and choosy eating, is a well-known phenomenon to parents and caregivers of toddlers and preadolescent children. For the first time in their lives toddlers are developing food preferences which can often prove to be unpredictable and frustrating. According to the American Academy of Pediatrics, children may not be picky eaters but are showing picky eating tendencies as a way to express their independence. Developing independence, while maintaining healthy nutrition, is imperative for the welfare of these children. The following tips are available to assist parents and caregivers in allowing independence, providing nutritious foods, and enjoying variety.

Offer choice: Children are trying to be independent in their food choices. Remember to give them a choice when it comes to what they would like to eat. It is best not to give too many options or they may get confused. Sticking with two choices is recommended for young children. For example: would you like green beans, carrots, or both? Be sure the options are nutritious!

Let them help: Children will be more likely to eat it if they have been involved in the processes. Children can help during planning, shopping, preparation, and cooking stages. Consider having them play “I Spy” in the produce department or have them choose a new fruit or vegetable to try each week. If they are old enough, children can help wash, peel, and slice fruits and vegetables. Even having them help set the table can help them feel invested in the meal.

Appeal to the eye: Like adults, children eat with their eyes first. Be sure there is color variety that will draw their attention. Another suggestion is to use cookie cutters to cut foods into fun and appealing shapes. Make sure to provide a wide variety of colors and textures over time to make eating a pleasant experience.

Be a good role model: Adults eating well in front of children is the best way to teach good eating habits. Most of our eating habits are learned and that learning starts as a young child. Eating together as a family not only teaches social skills but can show the child that his parents are trying new foods, enjoying the new foods, and choosing healthy options. First teach parents good eating habits and children will likely follow.

Don’t give up: It can take 15 attempts (or more!) for children to determine whether they like a food or not. Children need to see, touch, and think about foods before they decide if they like it or not. Remember that foods can be prepared in many different ways and can give the child exposure each time it is offered. Offering new foods along with accepted foods may help the child feel more comfortable and he may be more willing to try the new food.

Eating responsibilities are divided between adults and children. The adults are responsible to buy and prepare a variety of healthy, tasty foods; offer regular (and planned) meals and snacks; and making the environment pleasant. Children are responsible for the rest; that is, what and how much they eat. According to the American Academy of Pediatrics, picky eating is very normal for toddlers and with time, patience, and healthy food options they will find equilibrium between their eating behaviors and appetites.

Keeping in Step with Your Child’s Developmental Milestones

Many parents are familiar with some of the more common developmental milestones for young children, like a child learning to walk or talk. But there are many more milestones that parents can track to make sure their children are not at risk for developmental delays such as learning disabilities, hearing loss, vision loss, autism, and other conditions.

Two programs at the Utah Department of Health are partnering to bring parents information about healthy development for their children. The “Learn the Signs. Act Early.” campaign and the Pregnancy Risk Line are offering free tools and checklists on the website – <http://health.utah.gov/utahactearly> – to help parents determine if their children have reached important milestones for growth and development. Whether children are two-months-old or up to five-years-old, the materials offer lists of milestones, warning signs, and tips to encourage healthy development.

Developed and funded by the Centers for Disease Control and Prevention (CDC), the “Learn the Signs. Act Early.” campaign has been launched in Utah, Alaska, Missouri, and Washington to test materials and marketing. The marketing strategies vary by state. For example, Missouri is distributing information about milestones through WIC clinics while Alaska is mailing information directly to parents. In Utah, the campaign is distributing information through medical clinics, website advertising, and the news media. Baby Your Baby and the Office of Vital Records and Statistics, both within the Utah Department of Health, are also distributing materials to mothers with newborn children. Printed materials can be found on the campaign’s Facebook and Twitter pages: <http://www.facebook.com/pages/UtahPregnancy/169350189746873> and <https://twitter.com/#!/utahpregnancy>.

As a reminder, the Pregnancy Risk Line offers information about exposures during pregnancy and breastfeeding in an effort to promote healthy newborns and mothers and prevent birth defects including developmental delays. Many moms, doctors, and pharmacists have questions about cosmetic products, medical conditions, and medications and the Pregnancy Risk Line is available to answer those questions at 801-328-2229 or toll free at 800-822-2229.

IBCLC Day

International Lactation Consultant Association (ILCA) is pleased to announce that the 2012 International Board Certified Lactation Consultant (IBCLC) Day materials are now posted on the ILCA website and available for downloading. In addition, several great new promotional items are available to purchase to help make your IBCLC Day a grand celebration!

March 7, 2012, is the 11th annual IBCLC Day, a global celebration of the positive, far-reaching impact your expertise and care have on the health of mothers, babies, families and communities. Based on ILCA’s newest position paper, “Role and Impact of the IBCLC,” the theme of this year’s IBCLC Day is “IBCLCs have an Impact!” Use the position paper in conjunction with this year’s IBCLC Day materials to reinforce your important and unique role. The position paper is available in English and Spanish as a free download from the ILCA website.

All of the colorful new IBCLC Day resources can be downloaded through the Members Only section of the ILCA website. Once you have logged in to the Members Only section, click on “Members Only” on the purple tool bar and scroll down to “Member Resources”. From there you will find a link to the IBCLC Day resources. You will see many of the materials were designed to be used not only for IBCLC Day, but for year-round promotion of the profession!